

# S.A.S.S.Y. Activity Book



We Are Thinking Of You  
We Are Here For You  
We Will Make It Through This

*Self-Advocates Stay Safe Y'all !*

THIS BOOK BELONGS TO:



# SELF-ADVOCATES WORD SEARCH

S	P	D	E	C	H	O	I	C	E
B	L	P	A	P	I	E	W	A	I
E	O	F	E	Y	L	X	O	D	G
H	N	L	I	S	T	E	N	V	O
E	S	T	R	O	N	G	A	O	A
A	F	U	T	U	R	E	L	C	L
R	I	G	H	T	S	O	P	A	S
D	O	E	T	O	K	C	P	T	A
H	S	P	E	A	K	U	P	E	S
H	E	D	E	C	I	S	I	O	N

*See if you can find these words:*

SPEAK UP

RIGHTS

DECISION

BE HEARD

STRONG

HOPE

PLAN

CHOICE

GOALS

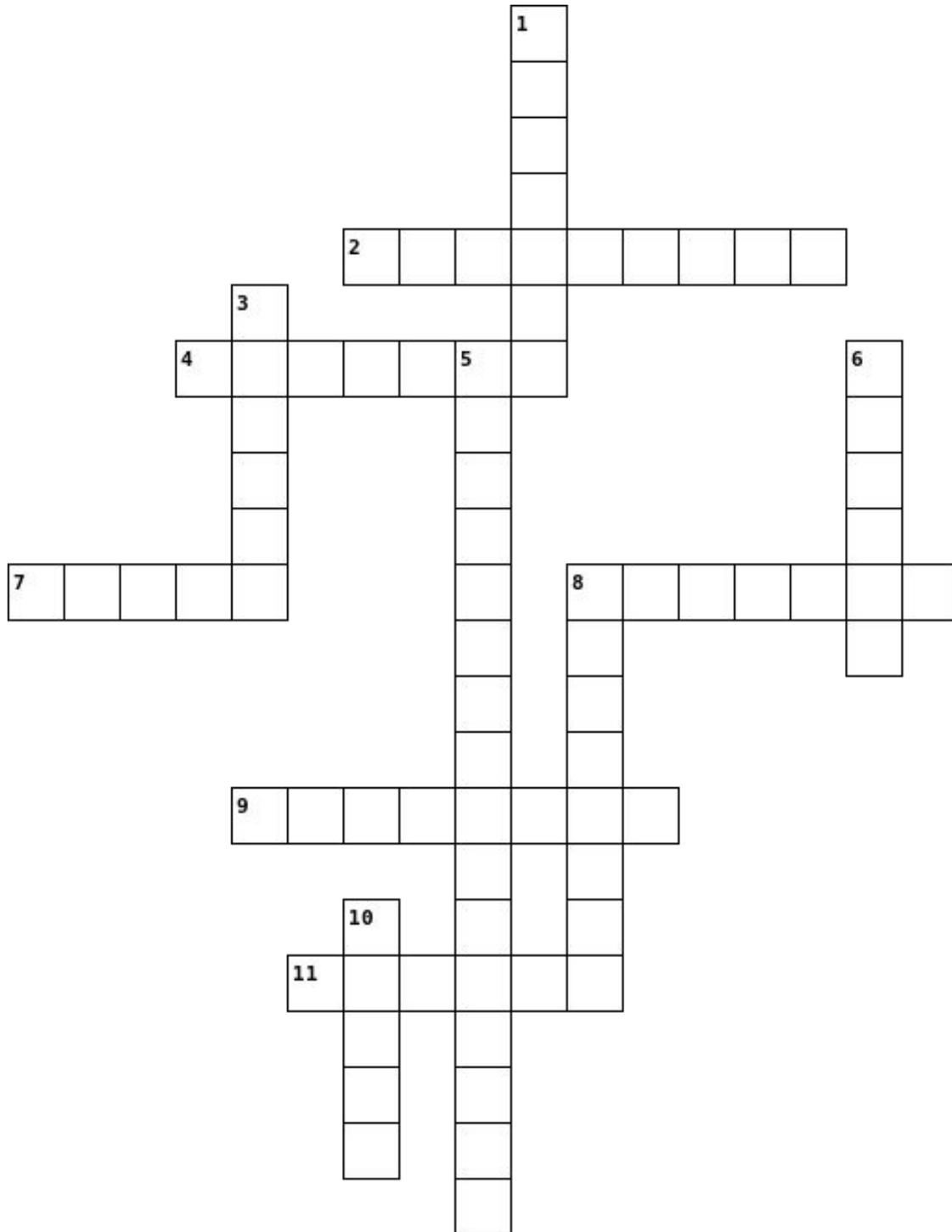
LISTEN

FUTURE

ADVOCATE



# SELF-ADVOCACY CROSSWORD



Continued on next page →

# SELF-ADVOCACY CROSSWORD

## Page 2

### ACROSS

- 2 The things you like to do and can do well.
- 4 The people who help you in many different ways.
- 7 Use your \_\_\_\_\_ to speak out.
- 8 A talent or skill that you can perform.
- 9 Giving helpful comments to one another.
- 11 Making a decision between more than one option.

### DOWN

- 1 When you agree to do something or give permission to do something.
- 3 Events that have not happened yet.
- 5 Your duties that you have to do.
- 6 Something every person has and should not be taken away.
- 8 A person who helps you make decisions and looks out for your best interests.
- 10 To tell someone a personal feeling, thought, comment, or idea.

### WORD KEY

ability

future

feedback

rights

voice

responsibilities

advocate

share

strengths

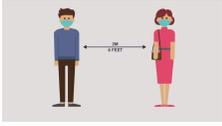
consent

support

choice

# QUARANTINE QUIZ

Circle everything you have done!

				
<b>Binge Watch TV</b>	<b>Skip Shaving</b>	<b>Wash Your Hands</b>	<b>Write A Letter</b>	<b>Wear Gloves</b>
				
<b>Wear Pajamas All Day</b>	<b>Wear a Mask</b>	<b>Exercise</b>	<b>Read A Comic</b>	<b>Work On A Puzzle</b>
				
<b>Play A Game Online</b>	<b>FaceTime or Call Someone</b>	<b>Color or Draw a Picture</b>	<b>Make A Craft Project</b>	<b>Play a Card Game</b>
				
<b>Social Distancing</b>	<b>Watch a Movie</b>	<b>Stay Up Very Late</b>	<b>Sleep In Until Noon</b>	<b>Text a Friend</b>
				
<b>Play A Board Game</b>	<b>Dance</b>	<b>Stick to a Schedule</b>	<b>Paint</b>	<b>Clean Up</b>

How many did you circle?

<b>More than 20</b>	You are ruling this quarantine! You sure know how to make the best of a tough situation!
<b>10 to 20</b>	You are having fun but you also miss your normal life. Stay positive and this will be over before you know it!
<b>5 to 10</b>	Don't worry, you will make it through this time! Maybe you could try some of the activities above!
<b>Less than 5</b>	You are clearly ready for this to be over! Hang in there!



# SELF CARE CHECKLIST

Taking care of yourself is more important than ever right now.  
Here are some tips to help you do just that!  
Ask for help when you need it.

## Social

- Call a loved one
- Facetime a friend
- Write a letter

## Emotional

- Be kind to yourself
- Spend time with an animal
- Create! Paint, draw, or sculpt

## Practical

- Practice good hygiene
- Move for at least 30 minutes
- Know your rights

## Spiritual

- Spend time outdoors
- Pray
- Find your church community online

## Physical

- Drink water
- Eat healthy
- Go for walks

## Mental

- Get enough sleep
- Speak up for yourself
- Watch a good movie

## For You

Don't watch too much news!  
Connect with others through calls/text/online  
Take care of yourself

## For Others

Be kind and positive  
Listen to your friends  
Check in with your family

## For Quarantine

Keep yourself busy with games, books, and movies  
Learn new ways to relax  
Learn a new hobby

# POSITIVE THOUGHT OF THE DAY

In times like this, it is very easy to fall into stinkin' thinkin'! So let's turn it around with positivity! Mark an X for every day that you replace a negative thought with the positive thought of the day, and let's see how long your chain can get!

<b>Day 1</b> I am loved.	<b>Day 2</b> I have hope!	<b>Day 3</b> My best days are ahead!	<b>Day 4</b> I will make it through this.	<b>Day 5</b> The sun always comes after the rain!
<b>Day 6</b> I have many reasons to live.	<b>Day 7</b> I have a bright future!	<b>Day 8</b> Even if you can't see it, the sun is always there!	<b>Day 9</b> The world needs me!	<b>Day 10</b> I can get through this!
<b>Day 11</b> I got this!	<b>Day 12</b> I love myself!	<b>Halfway There!</b> Treat Yourself! 	<b>Day 13</b> The hardest seas, make the best sailors!	<b>Day 14</b> I have purpose!
<b>Day 15</b> I will make an impact in this world.	<b>Day 16</b> I matter. My life matters.	<b>Day 17</b> I have new friends to meet!	<b>Day 18</b> I have new places to see!	<b>Day 19</b> Tough times don't last, but tough people do!
<b>Day 20</b> My friends and family love and need me!	<b>Day 21</b> I will find joy every single day.	<b>Day 22</b> Good times are just ahead!	<b>Day 23</b> There are people who need my help.	<b>Day 24</b> I am loved more than I will ever know!!



Make  
Today  
Great

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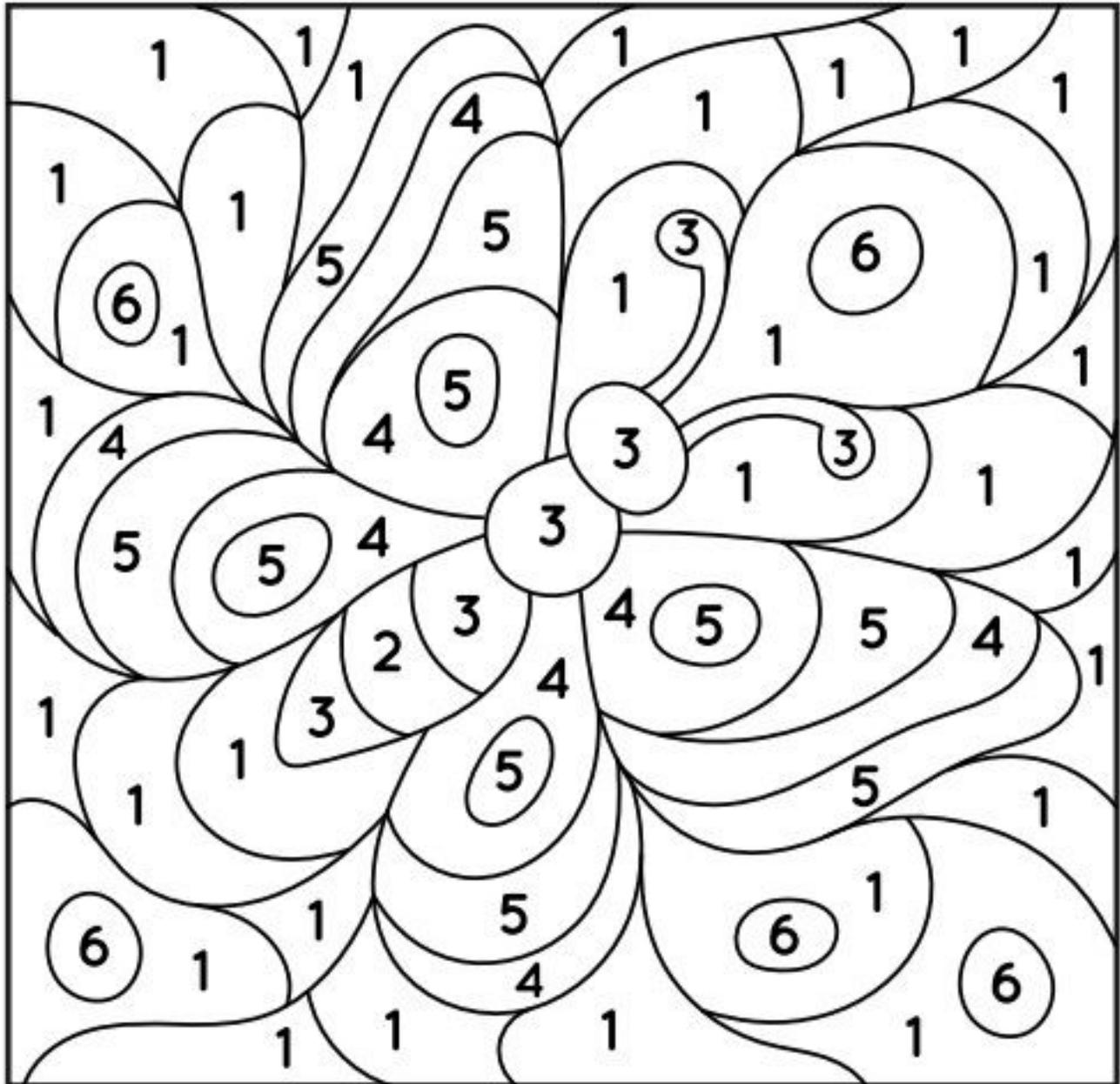
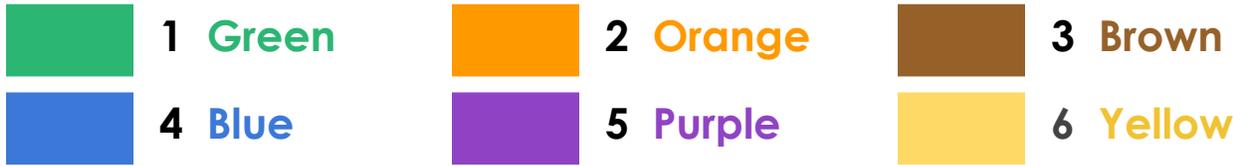
# SPREAD THE LOVE BINGO

How much can you spread the love? Try to check off every item for a BINGO!!

thank a nurse or doctor	do a random act of kindness	call a friend	practice your positive thoughts	wave to a neighbor
color a picture for a friend	practice self care	exercise	thank a worker	spring clean
send a smiling selfie	thank someone special		call a family member	share positivity
do something that you have been putting off	compliment someone	make a new friend	learn a new dance	do something nice for yourself
create an art project and give it to a friend	make a card	write a letter to a loved one	call a friend	compliment yourself

# COLOR BY NUMBER

Use the color key below to reveal the beautiful butterfly!



“Just when the caterpillar thought everything was over...  
it became a beautiful butterfly.”

# YOU HAVE THE RIGHT TO...

Rights are what you are allowed to do and how you should be treated. **Your rights DO NOT change during a pandemic.** Here is a handy guide!

<b>HEALTHCARE</b>  See a doctor or a dentist.	<b>BASIC NEEDS</b>  Food, clothing, and shelter.	<b>SERVICES</b>  Receive all services when it is safe.
<b>HOME</b>  A clean and safe home.	<b>RESPECT</b>  Be treated with respect.	<b>PHONE CALLS</b>  Make and receive phone calls.
<b>MAIL</b>  Send and receive mail.	<b>PERSONAL INFO</b>  Tell your family about how you are doing and feeling.	<b>FOOD</b>  Have regular meals.
<b>DAILY LIFE</b>  Make decisions about your daily life.	<b>PRIVACY</b>  Privacy during treatment and while taking care of your personal needs.	<b>MOBILITY</b>  Be out of your bed and out of your room during the day.
<b>PERSONAL ITEMS</b>  Basic personal items such as toothpaste, toilet paper, shampoo, etc.	<b>SOCIAL</b>  Contact with family and friends.	<b>MONEY</b>  Decide how to spend your allowance.

# WANT TO LEARN MORE?

Find out more about your rights and the people who can help you.

**If you live in a State Supported Living Center, you can ALWAYS talk to the Human Rights Officer.** They are there to help you understand your rights. And, if there is ever a problem, they can help you find a solution.

If you want to talk with someone who does not work for the state center, call the independent ombudsman. The number to leave a voice message is 1-877-323-6466.

## Here are some more helpful numbers:

1-800-458-9858	Health & Human Services Consumer Rights and Services
1-800-647-7418	Texas Department of Family and Protective Services
1-800-252-9108	Disability Rights Texas
1-800-252-9729	The Arc of Texas
1-800-252-9729 ext. 12	Texas Advocates

## If you are hearing impaired & need help to make a phone call, contact:

1-800-735-2988	Relay Texas (voice)
1-800-735-2989	TDD (Telecommunications Device for the Deaf)

## My Helpers

Do you know the name and numbers of the people who can help you?

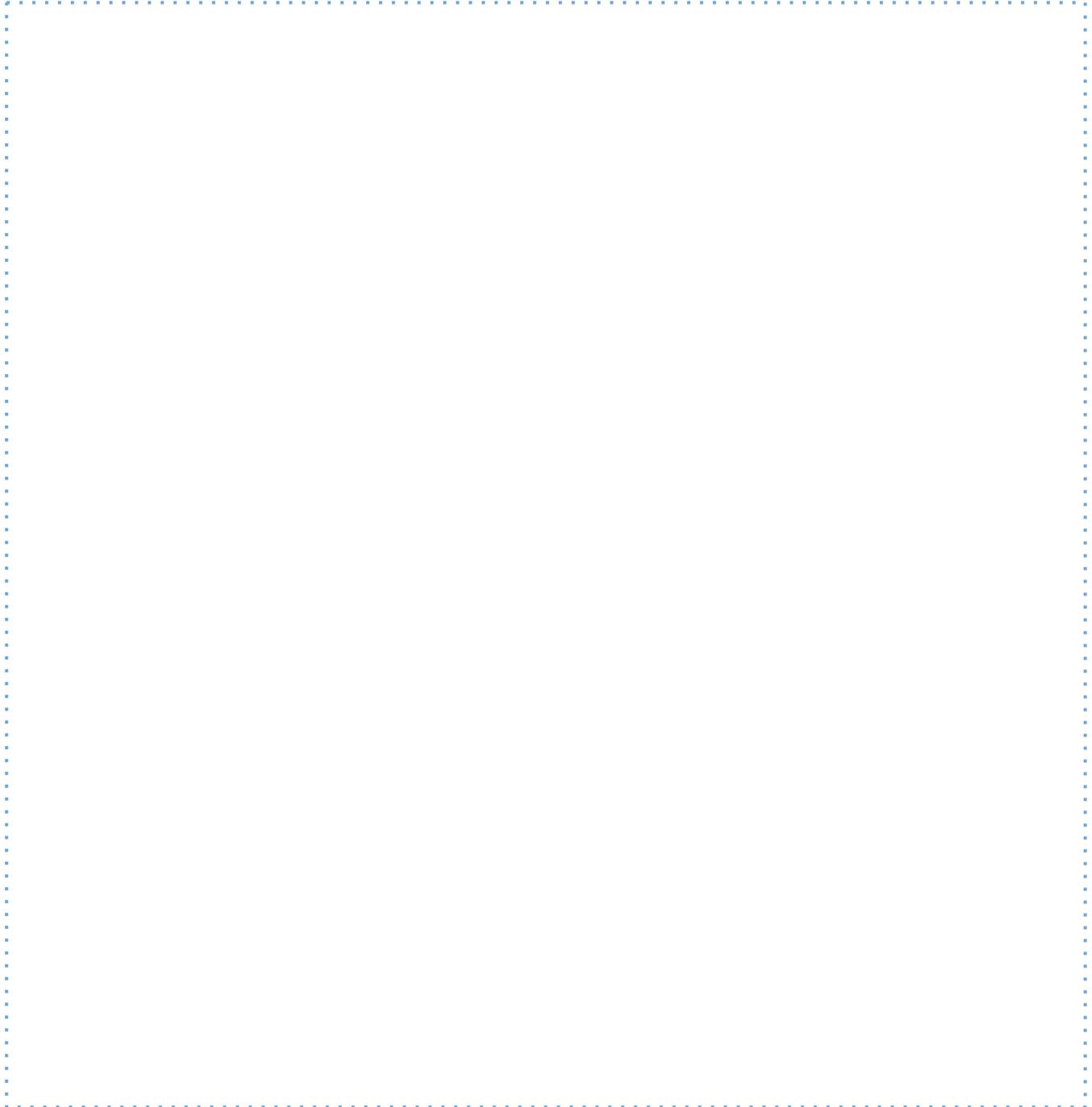
My emergency contact's name is:	Their phone number is:
My human rights officer's name is:	Their phone number is:
My ombudsman's name is:	Their phone number is:

# FACEBOOK CHALLENGE

What is the first thing that you want to do when all of this is over?  
Draw, Paint, or Color a picture below and then send it to Brooke at

**[brooke.hohfeld@texadvocates.org](mailto:brooke.hohfeld@texadvocates.org)**

...to be featured on the Texas Advocates Facebook page!!  
We can't wait to see what you come up with!!



THANK YOU!  
Self-Advocates Stay Safe Y'all!



**IMAGINE  
ENTERPRISES**



*Financial support for the Peer Support Specialists for Individuals Living in Institutions project is provided by the Texas Council for Developmental Disabilities, with Federal funds\* made available by the United States Department of Health and Human Services, Administration on Disabilities.*

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